



Leon County Senior Outreach

August/September 2011

Bradfordville

Bradfordville Lunch and Learn: Wed, Aug 10 & Sept 14, 10:30 am – 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 lunch donation.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Beginning Acrylics and Mixed Media Acrylics: Tue, 2:30 – 5 pm, Aug 24 – Sept 28 (six weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Draw With Your Eyes, Paint With Your Heart: Wed, 1 – 4 pm, Aug 24 – Sept 28 (six weeks). Skill level: beginning/intermediate. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Beginners: Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

Senior Fitness – Afternoon Class: Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 – 4 pm. Suggested \$1 donation.

Fall Lifelong Learning Series: Starts in October.



Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn: Tue, Aug 23 & Sept 27, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 – 3:30 pm, Aug 3 – Sept 7 (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 – 10:15 am. Suggested \$2 donation.

Bollywood Fitness: Tue & Thur, 9 – 10 am. Suggested \$2 donation.



Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Fort Braden Lunch and Learn: Tue, Aug 16 & Sept 20, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Thur, 2 – 5 pm, Aug 11 – Sept 15 (6 weeks). Skill level: beginning. \$48 (55+); \$60 all others. Registration required. Call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 – 11:30 am. Suggested \$2 donation.

Zumba Fitness: Mon, Tue, Wed & Thur, 6:30 – 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Lunch and Learn: Thur, Aug 4 & Sept 1, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Bus Trip to WalMart: Fri, Aug 5 & Sept 2, 10 am – 12:30 pm. \$2 round-trip.



Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thur, Aug 11 & Sept 8, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 – 9:30 am. Suggested \$2 donation.

Zumba Fitness: Wed, 6:30 – 7:30 pm & Sat, 9 – 10 am. \$3 per class (under 55), \$2 per class (55+).

Calendar of Events

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

Grandparents as Parents (GaP) is a support program for grandparents and other relative caregivers. Services include support groups, educational programs, family social events, health screenings, legal services, and advocacy, as well as information and referral to community resources.

GaP Support Lunch: Wed, Aug. 31 & Sept. 28, Noon – 1:30 pm. Leon County Public Library, Program Room A. 200 W. Park Ave. Complimentary lunch provided. Reservations required. Call 891-4008 or email Ashley.Webb@talgov.com.

GaP Back to School Expo: Sat, Aug 13, 10:30 am – 1:30 pm at the Tallahassee Senior Center Auditorium, 1400 N. Monroe St. Join us for the annual GaP Expo! 20+ exhibitors will have information for grandparents and other relative caregivers, including school bus routes, after school care, counseling services, health screenings, family activities and much more. Come learn about the many services and programs available in our community that can help to foster healthy physical, emotional, and educational development, reduce stress, and promote harmonious family relationships. We hope you can join us for this family-friendly event. Admission, children's activities, drinks, and popcorn are all free. For more information contact Ashley Webb at 891-4008 or email Ashley.Webb@talgov.com.

Coming Events

13th Annual Active Living Expo, Thur, Sept 8, 5 - 8 pm & Fri, Sept 9, 9:30 am - 12:30 pm at the Tallahassee Senior Center, 1400 N. Monroe St. 80+ exhibitors, featuring health screenings, educational presentations, door prizes, & more. For more information call 891-4007.

Lifelong Learning Extravaganza (L3X), Sun - Fri, Oct 16 – 21

Theme: *Arts, Parks, and Culture: Exploring, Examining, Experiencing*

Kick off the exciting week at the Opening Reception from 4 – 5:30 pm on Sunday, October 16, at the Tallahassee Senior Center. Enjoy meeting other lifelong learners while enjoying complimentary food and beverages and the lovely music of Voces Angelorum. Other events offered this year include:



The Art and Science of Bridges
A Day of Adventure in Apalachicola
An Eleanor Phipps Park Tour
Poetry Workshop at the Knott House
Experiencing Jazz and the Blues
Fire Ecology and Land Conservation

The Gamelan Music of Bali
Mound Builders of the Southeast
Hemingway's Impact on Literature
The Amazing World of Art Therapy
The Musicals of Rodgers and Hammerstein

Artist Studio Tour
The Art of Cooking
Birding in Tallahassee Parks
The History of FSU Football
The Art of Listening
Film Making

The classes are open to all and are very affordable. Participants can choose to take just one class or a full week of classes. The official schedule will be available in late August at the Tallahassee Senior Center Reception Desk. Call 891-4000 for more information.

Sponsors of this exciting event are:
Tallahassee Senior Center and Foundation
Leon County Senior Outreach

Capital City Christian Church
Osher Lifelong Learning Institute (OLLI) at FSU
Earth Fare

Come Join the Fun!